

## SYLLABUS

Updated 7/12/09

***Traditional Medicine Without Borders: Curanderismo in the Southwest & Mexico***

Dr. Eliseo "Cheo" Torres, Instructor 277-0952 or [cheo@unm.edu](mailto:cheo@unm.edu)

Office: 229 Scholes Hall

Class is located in [Anthropology Building Room 163](#), UNM Main Campus

July 20 - July 31, 2009 MTWRF 8:10 AM -12:40 PM

This course is cross-listed as:

- Women Studies 379-010
- Chicano-Hispano-Mexicano Studies 393-010
- Anthropology 340-010
- Latin American Studies 400 sec. 10
- Language, Literacy, & Sociocultural Studies 593-010 (graduate credit only)

### **3 credit hours (for the above listings)**

- Continuing Education #38409 (CEU credits are available ~ Please request from Natalie Brigance at 277-0952)

### **Required Texts:**

1. *Curandero: A Life in Mexican Folk Healing*, Eliseo Torres & Tim Sawyer  
(Available at UNM Bookstore)
2. *Healing with Herbs & Rituals: A Mexican Tradition*, by Eliseo Torres, edited by Tim Sawyer  
(Available at UNM Bookstore)
3. *Woman Who Glows in the Dark*, by Elena Avila RN, Curandera  
(Available at UNM Women's Resource Center, Mesa Vista Hall Room 1160 and also available for purchase at the class during the first week).

### **Optional Text:**

- *Curandero: Una vida en la medicina tradicional mexicana*, Eliseo Torres & Tim Sawyer (this is the Spanish language version of the book above). (Available from NIEVES PRESS, P.O. Box 4564, Albuquerque, NM 87196-4564, or at *Masks y Más* at 3021 Central Ave. NE in Nob Hill, Albuquerque.)

**HOME PAGE for this class:** [www.unm.edu/~ovpsa/curanderismo.html](http://www.unm.edu/~ovpsa/curanderismo.html)

**COURSE DESCRIPTION:** This course will provide information on the history, traditions, rituals, herbs, and remedies of *Curanderismo*, a folk healing tradition of the Southwest United States and Mexico.

**REQUIREMENTS:** Students will be responsible for the following in order to receive a grade for this course:

- **Daily attendance, punctuality and participation are mandatory.** Each student is required to attend every day of this class in order to pass, unless some extraordinary circumstance arises, in which case you will need to speak to Dr. Torres as soon as possible. Failure to do so will result in a failing grade. Each day, you are required to sign in before you sit down. We also request that you wear nametags (provided by instructor).

- **Daily reflection papers.** Completion and submission of daily reflection papers (form is provided for you each morning in the classroom) is required. Every day, you will be asked to write a reaction to the lecture and/or demonstration(s) that you have observed. You must turn in a Daily reflection at the **beginning** of each class day discussing the previous day's class.
- **IMPORTANT:** Failure to turn these reflections in on time will result in a reduced, and possibly a failing, grade.
- **Final paper.** Completion and submission of the final paper on impressions of the class, using the course readings, is required. Each student will be required to turn in a paper on the final day of class (Friday July 31, 2009). It is very important that work be submitted on this date since the grades must be turned in by me on August 3, and I don't want to give any incompletes or no grade at all. In your paper, you must relate how this class has affected you, how it has changed your life, outlook, philosophy, etc., you must also relate this information to the two books by Dr. Torres or to ONE of the books by Dr. Torres and to the book by Elena Avila, *Woman Who Glows in the Dark*. Be as specific as you can when you mention how the readings and/or the class have affected you, that is, describe the course content or event or specific readings from the book that you are discussing. This paper should be at least four pages in length. (Graduate students signed up for LLSS 593-010 will be required to turn in a more extensive 6-7 page summary paper). Dr. Torres may also request that graduate students aid in other class projects.
- **Good citizenship.** Respecting instructors, interpreters and healers and being properly attentive in class is required. Students will respect the instructors and the healers. This means paying attention during lectures and demonstrations, refraining from socializing during lectures and demonstrations, and participating in a way that is conducive to helping lectures and demonstrations progress in a positive, helpful way.

**VERY IMPORTANT:** Please realize that the interpreters who are working for our benefit in this class are listening and translating difficult material from one language to another, and that you must be QUIET AND RESPECTFUL during the translation process.

- **Extra credit.** You can also visit *B. Ruppe Drug store*, 807 4<sup>th</sup> St. SW, or participate in one or more of the Health Fairs, (see Health Fair Schedule at end of syllabus), and write a 1-2 page paper on what you learn from your experience. Maclovia, is an herbalist and owner of *B. Ruppe Drug store*, and will provide us with some dates and times that she will be available. Flyers for *B. Ruppe Drug store* visits will be available at the class.

**CLASS SCHEDULE:**

**Week One, Anthropology Building Room 163:**

***(Local curanderos(as) will be involved during week 1)***

***Each day will include a review of previous day's class***

**Monday, July 20 – 8:15 AM** Opening ceremony led by *Sandra Gonzales, Director of the Women's Resource Center, Julie Zuniga, Social Worker, Lorraine Cordova-Carriaga RN/Nurse Practitioner and Nona Valerie Gallegos Ada, Mayan Healer. Dr. Cheo Torres, VP for Student Affairs*, will discuss the syllabus and give an overview of Curanderismo with emphases on rituals and the Three Great Curanderos.

**Tuesday, July 21**

Dr. Torres will continue Monday's topics, with a video on Don Pedrito and three recent curanderos. After the break (from approximately 11:15 AM to 12:30 PM), James Masica will present "Laughter for Medicinal Purposes".

**Wednesday, July 22**

Dr. Yvette Arellano, DOM LMT and Norman Arellano, Energetic Healing Practitioner will be presenting information about Luminous Healing and Energy Medicine. There will also be a demonstration. After the break (approximately 10:45am), A panel of local healers: Sandra Gonzales MA LPCC, Director of the Women's Resource Center, Julie Zuniga MSW, Dr. Diane Martinez-Hursh DOM, Paula Terrero Reiki Master, and Lorraine Cordova-Carriaga RN/Nurse Practitioner, will discuss their personal experiences and work in the fields of Holistic/Traditional and Integrative medicine. There will be a demonstration and question and answer period.

**Thursday, July 23**

Felina Ortiz CNM, MSN, Partera (Midwife), will be speaking about her research on New Mexico Parteras and showing clips of the film that she produced. After the break at approximately 11:00 AM, a Panel of local Curanderas will present. Presenters are: Marcella Atencio-Lopez, Curandera, Massage Therapist, and certified Accu-Detox & Dr. Jane Rael DOM, Curandera, Body, Mind, Spirit Energy work & Judith Ann Pancho Claver, Curandera,

**Friday, July 24**

Elena Avila, RN, an Albuquerque-area Curandera, world-wide lecturer and author of the text Woman Who Glows in the Dark, will be conducting class. Elena will address Platicas, Limpias, and treating folk diseases, using Curanderismo and Integrative Medicine. Women Who Glows In the Dark can be purchased at the Women's Resource Center in Mesa Vista Hall, Room 1160, call 277-3716, and will also be available for purchase at the class during the first week.

**WEEK TWO OF CLASS**

***(Mexican curanderos(as) and some local curanderos(as) will be involved during week 2)***

**Monday, July 27** – 8:15 AM Opening ceremony. Introduction of Mexican curanderos(as). There will be lectures by several Mexican curanderos(as) on psychosomatic illness, insomnia, dealing with fear, depression, stress, the nervous system, spirituality and spiritual cleansings, and various treatments pertaining to these areas. ***Sweat Lodge (see Health Fair Schedule)***

**Tuesday, July 28** -- 8:15 AM Opening ceremony and continuation of the above (see Monday, July 27, class description). At 10:30 AM, Dr. Anselmo Torres from Cuernavaca, Morelos, Mexico will present on Dia de los Muertos and its healing ceremonies. ***Sweat Lodge & UNM Health Fair & Old Town Plaza Health Fair (see Health Fair Schedule)***

**Wednesday, July 29** -- 8:15 AM Opening ceremony and continuation of the above (see Monday, July 27, class session description). At 9:30 AM Jennifer Thomas, from Crystal Mountain Massage School, will do a 45 minute demonstration and discussion. After the Break at 11:00 AM, Billy Sparks will present Native American healing through drumming and ritual and at approximately 11:30 AM, Albino Garcia, Community Activist and Healer, will discuss healing the Albuquerque South Valley community, especially youth involved with gangs. ***La Placita Health Fair ~ Albino Garcia, (see Health Fair Schedule)***

**Thursday, July 30 -- 8:15 AM** Opening ceremony and continuation of the above (see Monday, July 27, class session description). At approximately 11:30 AM, Dr. Tomas Enos, Santa Fe Herbalist will present on New Mexican native plants and holistic healing of the Southwest.

**National Hispanic Cultural Center Health Fair (see Health Fair Schedule)**

**Friday, July 31 – 8:15 AM** Opening ceremony and continuation of above (see Monday, July 27, class description), plus **final paper due**, Certificate Ceremony, and Course Evaluation. Patricio Dominguez, native healer from Mesilla, NM will use music therapy for healing.

\*Healers will check out of dorms at 3:00 PM and go to Albuquerque train station. Train will depart at 4:15 pm for Santa Fe.

**\*Please note:** There may be some additional presenters or activities added to the class that will be announced at a later date. Please be aware that we commit some of the speakers several weeks before the beginning of class and at times they may have to cancel, and we apologize for that. Also, the curanderos(as) from Mexico may be delivering other presentations in the afternoon and/or evenings. These will be announced as soon as we become aware of the dates, times and locations.

We require that all students be especially courteous and patient with respect to lectures and demonstrations during the second week of class, due to the fact that much information needs to be translated to be understood by all members of the class. Translation is difficult work, and this particular subject matter makes for particularly difficult translation work. Please remain silent during all lectures and demonstrations and during the translation process; making conversation simply impedes the process since it distracts everyone.

If during or after you take this class you decide that you are interested in amulets, you can find an excellent selection at *Masks y Más* at 3021 Central Ave. NE in Nob Hill, Albuquerque. Supplies for Tuesday, July 28<sup>th</sup> class on Dia de los Muertos can also be purchased there.

Several outlets in the Albuquerque area carry herbs and tinctures, including B. *Ruppe Drug store* at 807 4<sup>th</sup> St. SW., *La Montanita Co-op* on Central, *The Herb Store* at 107 Carlisle SE, Herb Junction at 5 Highway 344, and the *Herb Garden* at 1108 Dakota NE.

### **Class websites:**

Home page for the curanderismo class, with links to syllabus and order info for Dr. Torres' books:  
[www.unm.edu/~ovpsa/curanderismo.html](http://www.unm.edu/~ovpsa/curanderismo.html)

Campus Map to Anthropology Building on UNM Main Campus:  
[www.unm.edu/~ovpsa/Map.pdf](http://www.unm.edu/~ovpsa/Map.pdf)

Syllabus online: <http://www.unm.edu/~ovpsa/syllabus08.pdf>

### **Questions?**

Dr. Cheo Torres: [cheo@unm.edu](mailto:cheo@unm.edu)

Sandra Gonzales: 277-3716 or [sandra@unm.edu](mailto:sandra@unm.edu)

Natalie Brigance: 277-0952 or [natalieb@unm.edu](mailto:natalieb@unm.edu)

## Traditional Mexican Health Fairs

### Join us for the revival of a lost tradition of Mexican folk medicine and healing!

Some twenty well-known Mexican folk healers *curanderos(as)* from the Mexico City area including the communities of Cuernavaca, Tepoztlán, Amatlan, etc., will perform various health fairs in Albuquerque from July 28-30, 2009. These folk healers will discuss traditional healing therapies including herbal medications, spiritual cleansings and other healing techniques which have remained a part of the Mexican culture for centuries. Treatments will be available and donations accepted.

#### Monday, 7/27/09 and Tuesday, 7/28/09 - Temazcals

**6:00 p.m.**

Mexican Sweat Lodge for students in UNM class (limit 20 people)

*Temazcal* in Los Lunas ~ Information sheet and directions will be given to those that sign up.

Sponsored by Laura Alonzo de Franklin (*See Natalie to sign up and for directions*)

#### Tuesday, 7/28/09

**12:00 - 2:30 p.m.** UNM Traditional Mexican Health Fair ~ *Feria de Salud*

Outside of the SUB north entrance

#### Tuesday, 7/28/09 ~~~~ FREE WORKSHOPS

**12:00 - 1:30 p.m.** Also, Renowned Mexican Folk Healers *Curanderos(as)* from the Mexico City Area will speak: (Location LOBO A and B upstairs in SUB)

- **12:00 - 12:30 p.m.**  
Eliminating negative energy and healing yourself through laughter *Risa Terapia* – Rita Navarrete, Curandera
- **12:30 - 1:00 p.m.**  
Usage of medicinal plants, traditional massage, and spiritual cleansings for a holistic healing approach *Limpias Espirituales y plantas medicinales* – Velia Herrera, Curandera
- **1:00 - 1:30 p.m.**  
Traditional healing through the practice of ocean shell sounds for spiritual cleansings and the usage of obsidian stone for energy treatments *Uso terapéutico del caracol y la obsidiana* - Juan Carlos Solano, Curandero

**Tuesday, 7/28/09**

**5:00 - 10:00 p.m.** Mexican Traditional Health Fair ~ Feria de Salud

Old Town Plaza (Gazebo area) & Old Town Chapel (Patio Escondido ~ 404 San Felipe)

**Tuesday, 7/28/09 6:00 p.m.**

**Repeat** ~ Mexican Sweat Lodge for students in UNM class (limit 20 people)

Temazcal in Los Lunas ~ Information sheet and directions will be given to those that sign up.

Sponsored by Laura Alonzo de Franklin (***See Natalie to sign up and for directions***)



**Wednesday, 7/29/09**

**5:00 - 10:00 p.m.**

Traditional Mexican Health Fair *Feria de Salud*

La Placita ~ 827 Isleta Blvd. SW, Albuquerque, NM 87105



**Thursday, 7/30/09**

**5:00 – 10:00 p.m.** Traditional Mexican Health Fair ~ Feria de Salud

National Hispanic Cultural Center

(1701 4<sup>th</sup> Street SW, courtyard between Salon Ortega and La Fonda Restaurant)

**FREE WORKSHOPS at National Hispanic Cultural Center ~ 7/30/09**

**6:00 – 7:30 p.m.** Also, renowned Mexican Folk Healers/Curanderos(as) from the Mexico City Area will speak. Talks will be interpreted.

Wells Fargo Auditorium:

- **6:00 - 6:30 p.m.**  
Eliminating negative energy and healing yourself through laughter *Risa Terapia* – Rita Navarrete, Curandera
- **6:30 - 7:00 p.m.**  
Usage of medicinal plants, traditional massage, and spiritual cleansings for a holistic healing approach *Limpias Espirituales y plantas medicinales* – Velia Herrera, Curandera
- **7:00 - 7:30 p.m.**  
Traditional healing through the practice of ocean shell sounds for spiritual cleansings and the usage of obsidian stone for energy treatments *Uso terapéutico del caracol y la obsidiana* - Juan Carlos Solano, Curandero

## **Out of Town Ferias de Salud**

### **Saturday, 8/1/09**

**9:00 a.m. to 4:00 p.m.**

Traditional Mexican Health Fair *Feria de Salud*  
Hoy Recovery Program  
Alcalde (North of Espanola)

### **Monday, 8/3/09**

**9:00 a.m. to 3:00 p.m.**

Traditional Mexican Health Fair *Feria de Salud*  
Santa Fe American Indian Arts Institute

### **Wednesday/ Friday, 8/5/09 and 8/7/09**

Traditional Mexican Health Fair ~*Feria de Salud*  
Denver, CO

**Last edited 7-12-09**